



International Journal of Ayurveda and Pharmaceutical Chemistry

Volume 7 Issue 2 2017

www.ijapc.com



Sushruta's Concept of *Prakriti*

Bijit Das^{1*} and Pankaj Kumar Barman²

^{1,2}Dept. of ShalyaTantra, Govt. Ayurvedic College & Hospital, Guwahati-14, Assam, India

ABSTRACT

Every individual is different from another & hence should be considered as a different entity. As many variations are there in the universe, all are seen in human beings. Pharmacogenomics is a re-definition of diseases on the molecular level so that diagnostic & therapeutics can be targeted to specific patient populations sub typed on the basis of genetic make-up & thereby offer the right treatment for right patient populations. The concept of personalized medicine has been around for as long as people have been practicing medicine. In Ayurveda, from Sushruta to Hippocrates, all have practiced the personalized approach for treating diseases. The basis of personalized medicine is gene biology. Though no such direct relation between prakriti and gene biology has been established yet some aspects of classifications of different prakriti may show some relevancy. With basic principles of Sushruta's view towards prakriti the study has been carried out.

KEYWORDS

Prakriti, Pharmacogenomics, Tridosha theory



Greentree Group

Received 25/07/17 Accepted 31/08/17 Published 10/09/17



INTRODUCTION

Every person in the universe is different from another and hence should be considered as different entity. It is also said that “It is far more important to know what person has the disease than what disease the person has”. Former President of India Dr. A.P.J. Abdul Kalam focusing on personalized medicine of Ayurvedic System of medicine has invited our attention to the fact that in this post genomic era, the emerging concept of personalized therapy depending upon concept of pharmacogenomics.

AIM

To discuss about Sushruta's view on Prakriti (with special reference to DehaPrakriti).

Pharmacogenomics is a re-definition of disease on the molecular level, so that diagnostic & therapeutics can be targeted to specific patient population. The concept of personalized medicine is mainly based upon gene biology where DNA forms the basis in relation to any physiological response of human body towards any internal or external stimuli. Prakriti based medicine can offer remedies to the challenging health issues like adverse drug reactions, drug withdrawals etc.

PRAKRITI:

In Ayurveda, predisposition to a disease as well as selection of a preventive & curative regime is primarily based on phenotypic assessment of a person which includes one's body constitution termed as “Prakriti”

Prakriti is a consequence of the relative proportion of three entities-Vata, Pitta & kapha which are generally genetically determined (Sukra-Sonita). It is also influenced by environment, maternal diet & lifestyle.

प्रकरोतीति प्रकृतिः ।

“PRA” means beginning or commencement or source of origin.

“KRITI” means to perform or to form.

Combining together “Prakriti” means natural form or original form or original source.

DEFINITION OF PRAKRITI:

As per Monier Williams, Sanskrit English Dictionary-Prakriti means constitution, disposition or fundamental forms.

Bhagwat Geeta says

कार्यकारणकर्तृत्वे हेतुः प्रकृतिरुच्यते ॥

(13/20)

It is the basic nature of intelligence by which the universe exists & functions. It is described as the prime motive force.



In Ayurveda, dehaprakriti or doshajaprakriti is basically specific composition of doshas that is permanent throughout the life. Dominance & unchangeable nature of dosha is called Prakriti.

Acharya Sushruta explained Prakriti as-

शुक्रशोणितसंयोगो या भवदोष उक्तः।

प्रकृतिर्जायते तेन तस्या मे लक्षणं शृणु ॥

(Su/Sa/4/63)

In relation to above Sushruta Samhita also explained that by nature, the prakriti do not get aggravated, perverted or diminished except when the end of life is approaching.

CLASSIFICATION OF PRAKRITI AS SARIRA STHANA OF SUSHRUTA SAMHITA:

The deha- prakriti are of seven types,

1. Vataj
2. Pittaj
3. Kaphaj
4. Vataj-Pittaj
5. Vataj-Kaphaj
6. Pittaj-Kaphaj
7. Sannipataj.

Although seven types are mentioned, yet only features of first three are explained fully.

SPECIFIC FEATURES OF EACH PRAKRITI AS PER SUSHRUTA:

1. VatajPrakriti: A person of vata constitution is wakeful, averse to bathing & cold, unpleasant to look, dishonest, fond of music. The soles & palms are much fissured. He is violent & having a habit of biting nails & grinding the teeth. He is a person with less patience & unsteady in friendship, ungrateful, lean & rough. Especially the hands & legs show the network of vessels. He walks fast & dreams of scaling the sky in his sleep. His eyes are always moving. His mind is never steady.

2. PittajPrakriti: A person of pittaj constitution perspires copiously emitting an unpleasant smell. His limbs are loosely shaped & yellowish in colour. The nails, eyes, palate, tongue, lips, soles & palms of such person are copper coloured. He eats much, is averse to warmth & irritable in temper. The person is a man of moderate strength. He is intelligent & possess a good retentive memory. He dreams about meteors, lightning, flashes. He never fears & bent before powerful opponents.

3. Kaphajaprakriti: The complexion of a person of kaphaja constitution resembles either the colour of blade of grass, blue lotus or polish sword. The person is attractive & handsome. He is fond of sweet taste. He is prosperous in life. He dreams in his sleep of large lakes or pools deeded with myriad of



fully grown lotus flowers, swans. The limbs are proportionately & symmetrically developed. He is capable of sustaining pain, stress & is respectful towards superiors. He also possesses faith in religious texts.

IMPORTANCE OF PRAKRITI:

A. Maintenance of health: Knowledge about Prakriti is prerequisite for assessment of vikriti, hence it is important for diagnosis & therapeutics. Primary objective of Prakriti assessment is to estimate Balapraman & Doshapraman of an individual.

B. Prakriti & Vikriti: If the current proportion of our doshas differs significantly from our constituents, it indicates imbalance which in turn lead to illness. This deviation is called Vikriti. The farther a person is vikriti from his or her prakriti, the more he/she is prone to illness.

C. Prakriti, Pathogenesis & Manifestation of disease: When etiological factors & constitutional factors are antagonistic to each other, a disease is not produced. When these factors are synergistic only in few respects, complete manifestation doesn't occur & mild or latent type of disease is produced. When their combination is synergistic to each other in all respect, the disease is manifested fully with all clinical features. Prognosis & Prakriti: While describing Sadhya-asadhyata, Acharya have

enumerated as one of the factors required to categorise the disease as sukhasadhyata, kricchasadhyata & asadhyata.eg.-when the etiological factors & prakriti is not of same type, the disease is sukhasadhyata.

D. Management of disease & prakriti: Plan of use of medication varies from patient to patient due to variation in their strength. For instance, if powerful or strong medication be used in debilitated person, detrimental consequences may be obtained & if weak drugs be used in powerfully built patient or patient suffering from severe disease, no effect will be obtained. The treatment may fail, if the patient is wrongly assessed. It may also be emphasized that while suffering from similar disease patients do not respond to similar treatment modality because of variation in their constitution. This stresses the fact strategy of treatment modalities is different in diverging patient. Universal management principle of disease also lays emphasis on role of constitution.

RECENT RESEARCH IN PRAKRITI:

Different molecular based studies have shown about prakriti specific physiological response of individual.

PRAKRITI, NEWBORN GENETIC SCREENING & PERSONALIZED PREVENTION:



Possibilities for future:

New born genetic screening has its history in 1960s in US as a public health program. With time, the list of disorders that can be detected by newborn genetic screening has expanded with different countries having different lists of disorders that they screen for. However, the kind of newborn genetic screening that are envisage in this review differs from just testing for possible genetic disorders.

As such, screening of newborns to detect any defect right after the time of their birth can have very significant & far reaching implications. Knowing the prakriti of a newborn can lead to inculcation & adoption of lifestyle of a newborn that will result in prevention of chronic diseases & more healthy high quality life for individual.

CONCLUSION

The promotion of health & prevention of diseases are stressed by both Prakriti based medicine & Personalized medicine. Fields of genomics study, the contribution of genes, proteins, metabolic pathways & non-genetic factors to human physiology & variations in pathways that has vital role in disease susceptibility of an individual.

It is there that Ayurgenomics can play its role in explaining how current drugs can be

used more effectively by targeting them on patients of particular prakriti. The potency of Prakriti based medicine lie in-

- ❑ Promotion of health, quality of life & there by longevity.
- ❑ Prevention of disease & its management
- ❑ Understanding patient's needs& risk factors for various chronic conditions.
- ❑ Provision of new approaches for diagnosis & management.
- ❑ Making healthcare affordable for people of various economic strata.
- ❑ To promote further integrated research by AYUSH with modern medicine & Indian Systems of Medicine.



BIBLIOGRAPHY

1. SusrutaSamhita of Maharshi Susruta by KavirajAmbikaDattaSastri Publishing-Chaukhamba Sanskrit Sansthana, Edition- Reprint on 2010 (1st Part).
2. A text book of Embryology- by Dr. I.B. Singh.